

Intention Martial Arts Curriculum

Adult Beginner 103

1. First Stripe FITNESS, BREAKFALLS & ROLLS

- Push Ups, Sit Ups , Deep Squats, Skipping
- Forward Roll (Kneeling)

2. Second Stripe KATA & TAE WAZA

1. Oi Tzuke – White
 2. Tae Ko Kyu Shodan – Orange
 3. Heian Shodan – Gold
1. TAE WAZA

3. Third Stripe COMBINATIONS and STRIKES

Round kick-Palm Heel-Side Fist

1. Jab, Turning kick, Jab, Cross, Hook, Upset
2. Backfist, Turning kick, Backfist, Reverse Punch
3. Jab, Cross, Round kick, Cross, Round Kick

4. Fourt Stripe SELF DEFENCE (Hapkido & Ninjutsu)

1. Bicep grab
 2. Single Lapel
 3. Double Lapel
- Students must understand and apply the concepts of:
A.C.T.S. Aware Clear Target Survey
Distance Timming Angling

5. Fith Stripe REACTION DRILL

1. Front leg front kick
2. Back leg front kick